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	[illegible]	

1.3 — [illegible]: [illegible]-[illegible] [illegible]

[illegible] — [illegible] سک[illegible]

'[illegible]' [illegible], [illegible] (DXM) [illegible], [illegible], [illegible] (DXM) [illegible]— [illegible] '[illegible] (DXM) FAQ [illegible] (DXM) [illegible] '[illegible]: [illegible] '[illegible], [illegible] ([illegible]) [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	100–200mg	[illegible], [illegible], [illegible], [illegible], [illegible]	[illegible] '[illegible]-1 [illegible] SERT [illegible] NMDA [illegible] DXM [illegible]
[illegible]	200–400mg	[illegible], [illegible], [illegible], [illegible], [illegible]	[illegible] CYP2D6 [illegible], [illegible] (accumulation) NMDA [illegible]
[illegible]	400-700 [illegible]	[illegible], [illegible], [illegible]-[illegible], [illegible], '[illegible]-[illegible]' [illegible] '[illegible]-[illegible]' [illegible] - [illegible]	[illegible] NMDA [illegible], [illegible] (DMN) [illegible]-1 [illegible]—[illegible] DXM [illegible] '[illegible]
[illegible]	700–1500mg+	[illegible]	[illegible] NMDA [illegible]; [illegible], [illegible]

		[illegible] "[illegible]" [illegible], [illegible]	[illegible]; [illegible]; [illegible]-[illegible]

1.4 — [illegible]: [illegible]

[illegible] — [illegible], [illegible]

DXM [illegible]-[illegible] [illegible]-[illegible] '[illegible]-[illegible] '[illegible]:

DXM [illegible]?	[illegible]	[illegible]?
[illegible] - [illegible], [illegible]	[illegible], [illegible], [illegible], ADHD —[illegible] "[illegible]" [illegible]-[illegible] DXM [illegible] DMN [illegible], [illegible]: [illegible] '[illegible] "[illegible]" [illegible]	[illegible], [illegible] NSDR [illegible] '[illegible]
[illegible] - [illegible]	DXM [illegible]-1 [illegible] '[illegible], [illegible], [illegible]—[illegible], [illegible]	[illegible] (5-HTP, [illegible])[illegible] DXM [illegible], [illegible]
ADHD [illegible] — [illegible] '[illegible]	[illegible] '[illegible], [illegible] ADHD [illegible] DXM [illegible], [illegible] '[illegible] NMDA [illegible] sigma-1 [illegible], [illegible]	ADHD [illegible]-[illegible] ([illegible], [illegible], [illegible]) [illegible], [illegible] ADHD [illegible] [illegible]س[illegible] (DXM) [illegible]

	[illegible] ADHD [illegible] DXM [illegible]	[illegible]
[illegible] - [illegible]	[illegible] — [illegible] ([illegible]) [illegible], [illegible] ([illegible]) [illegible], [illegible]	[illegible] 6 [illegible] — [illegible], NSDR, [illegible], [illegible] — [illegible] (DXM) [illegible] LSD [illegible] DMN [illegible]
[illegible], [illegible] [illegible].	DXM [illegible] '[illegible], [illegible], [illegible] '[illegible] — [illegible], [illegible] ([illegible]), [illegible]	[illegible], [illegible], [illegible], [illegible] OTC ([illegible]) [illegible] — [illegible]

1. 5 — [illegible]

[illegible] — [illegible] (OTC) [illegible]

DXM [illegible] — [illegible] DXM FAQ ([illegible] 1990 [illegible]), Erowid [illegible] DXM [illegible], Reddit '[illegible] DXM [illegible] "[illegible]" [illegible], [illegible] DXM [illegible] '[illegible]' [illegible]

[illegible] CYP2D6 [illegible]: [illegible], DXM [illegible]

[illegible]

[illegible]: [illegible] [illegible] [illegible]

[illegible], [illegible]

[illegible], [illegible]: findahelpline.com. Naloxone [illegible] Recovery Kernel [illegible]

DXM [illegible] '[illegible] CYP2D6 [illegible]—[illegible] '[illegible]

[illegible].

[illegible]	[illegible]	[illegible]	[illegible]
CYP2D6	[illegible] — [illegible] ([illegible])[illegible]	*4/*4 [illegible] (7–10% [illegible]); *1/*1 [illegible]; [illegible]-[illegible]	DXM [illegible] – [illegible] CYP2D6 [illegible] OTC [illegible] DXM [illegible]: [illegible] DXM (sigma-1, SERT [illegible]) [illegible] '[illegible], [illegible] (NMDA)[illegible]

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[illegible] — [illegible]-[illegible]

[illegible]-[illegible] [illegible]: [illegible] ([illegible]), [illegible] ([illegible]), [illegible], [illegible] ([illegible])। [illegible]

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[illegible]	[illegible]	[illegible]	[illegible]
5-MTHF (L-[illegible])	400–1000 mcg [illegible]	[illegible]	[illegible] - [illegible] DXM [illegible] SERT [illegible] MTHFR [illegible], [illegible] DXM [illegible], 5-MTHF [illegible] - [illegible] DXM [illegible]-1 [illegible] SERT [illegible]
[illegible] (B12)	1000–2000 mcg [illegible]	[illegible]	[illegible] B12। [illegible] (DXM) [illegible], [illegible], [illegible] B12 [illegible]
P5P ([illegible] B6)	25–50mg	[illegible]	[illegible], [illegible] (DXM [illegible] SERT [illegible]) [illegible] (NMDA [illegible]) [illegible], [illegible] P5P-[illegible] '[illegible]
[illegible]	400–600mg [illegible]	[illegible]	[illegible]-[illegible]: [illegible]-[illegible], [illegible]-[illegible]

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- NAC (□□□□□□□□ 600–1800mg, □□□□□ □□□□, □□□□□ □□□□): □□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□ □□□□□□□□□ □□□ □□□□□□□ □□□□ □□□□□ □□□□□ □□□□ NMDA □□□□□□□ □□□□□□□ □□□ □□□□□□

[illegible], NAC [illegible]-[illegible]

- [illegible] (400-600 [illegible]): [illegible] NMDA [illegible] [illegible]
- L-Theanine (200–400mg, [illegible]): [illegible] NMDA [illegible] '[illegible]; [illegible] NMDA [illegible]
- [illegible] (3–5 [illegible]): [illegible]
- Omega-3 DHA ([illegible] 2 [illegible]): [illegible]

4.4 — [illegible]

⚠ **5-HTP [illegible] 3–5** [illegible] **DXM** [illegible] **DXM**, [illegible] **5-HTP** [illegible]

- 5-HTP (50–100mg, [illegible] - [illegible] 3-5 [illegible]): [illegible] DXM [illegible] SERT-[illegible] SSRI, SNRI, [illegible] MAOI [illegible]
- L-[illegible] (500–1000mg, [illegible]): 5-HTP [illegible]
- [illegible] (4–8 [illegible]): [illegible] DXM [illegible]
- EPA- [illegible]-3 ([illegible] 2–4 [illegible]): [illegible]

4.5 — [illegible]

[illegible] 3[illegible] 4[illegible] DXM [illegible] HPPD-[illegible] (visual phenomena) [illegible]

□□; DXM □□ NMDA □□□ □□□□□-1 □□□□ □□□□□ HPPD □□ □□□□ □□ □□ □□□□□□□ □□□□ □□□□□□ □□□

- DXM □□ □□□□ □□□□: NMDA □□□ □□□□□-1 □□□□□□□□□ □□ □□□□ □□□ □□□□□□□□□□□ □□□□□□ □□□□□□ □□ □□□□ □□□□ □□ □□□□□ □□ □□□ □□□□□□ □□□□ □□□
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- [illegible]: [illegible] (DXM) [illegible]—[illegible] EMDR, CPT, [illegible]-[illegible], [illegible]

4.7 — [illegible]-[illegible]

- [illegible] (400 [illegible], [illegible]): NMDA [illegible] GABA [illegible]
- [illegible] (3-5 [illegible], [illegible] 30 [illegible]): [illegible] NMDA [illegible]
- L-Theanine (200mg, [illegible]): [illegible]-[illegible] NMDA [illegible]
- [illegible] (0.5–1 [illegible], [illegible] '[illegible]): [illegible]
- 5-HTP (50mg, [illegible], [illegible] 3-5 [illegible]): [illegible]-[illegible]

[illegible]/[illegible]: [illegible], [illegible], [illegible] (4–8 Hz); [illegible]; [illegible] DXM [illegible]: [illegible]— [illegible]

4.8 — [illegible]

[illegible]	DXM [illegible]?	[illegible]	[illegible]
BPC-157	NMDA [illegible]; [illegible]; [illegible]-[illegible]; [illegible] ([illegible])	[illegible] - [illegible]	BPC-157 [illegible]-[illegible] DXM [illegible] (NMDA, [illegible]) [illegible] '[illegible]
[illegible]	[illegible] (GABA) [illegible]; [illegible]	[illegible] 1-8 [illegible]	[illegible] (DXM) [illegible] ([illegible] "[illegible] COMT" [illegible], [illegible]

	[illegible]; [illegible] '[illegible] (a) [illegible] (DXM) [illegible] (b) [illegible] NMDA [illegible]		[illegible]-1 [illegible] (NMDA) [illegible]), [illegible]-[illegible], [illegible]-[illegible], [illegible] ([illegible]) [illegible]
[illegible]	BDNF [illegible]; [illegible]; [illegible] — DXM [illegible] NMDA [illegible] ADHD [illegible], [illegible] BDNF-[illegible]	[illegible] 2 [illegible]	DXM [illegible]—[illegible], [illegible], [illegible] —[illegible] (prefrontal cortex) [illegible], [illegible] NMDA [illegible] ADHD ([illegible]) [illegible] Semax [illegible] BDNF-[illegible].

[illegible] 5 — [illegible] [illegible] — [illegible]

[illegible] — [illegible] [illegible] [illegible] **10** [illegible] [illegible] [illegible] [illegible] — **OTC** [illegible]

DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] OTC ([illegible]-[illegible]-[illegible]) [illegible] [illegible] [illegible]: "[illegible] [illegible]" [illegible] [illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible] — [illegible] DXM [illegible] DXM [illegible]	[illegible] '[illegible], [illegible] DXM [illegible] ADHD [illegible]—[illegible] ADHD [illegible]—[illegible]
[illegible] — [illegible]	DXM [illegible]-1 [illegible]—[illegible]—DXM [illegible], [illegible]	4-7-8 [illegible] Selank [illegible] (buspirone, CBT, SSRI, DXM [illegible])[illegible] — [illegible] '[illegible], [illegible]
[illegible] / [illegible]	DXM [illegible], [illegible]—[illegible]—[illegible]	[illegible] 05 [illegible]: [illegible] DXM [illegible], [illegible] '[illegible] '[illegible]; [illegible]

DXM [illegible] - 5 [illegible] (10 [illegible])[illegible]

1. [illegible]: [illegible] 10-[illegible]: [illegible], [illegible] 10 [illegible]
2. 4-7-8 [illegible]—[illegible], [illegible]
3. NAC [illegible] ([illegible])[illegible] NMDA [illegible], [illegible]; [illegible]
4. [illegible]? [illegible]? [illegible]/[illegible]? ADHD? [illegible], [illegible]
5. [illegible], [illegible]-[illegible]-[illegible]

6. [illegible]
7. [illegible]

   NSDR, [illegible]

[illegible]: [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] (DXM) [illegible] [illegible] [illegible] [illegible]

| DXM [illegible] [illegible] [illegible]? | [illegible] [illegible] | [illegible] [illegible] [illegible] [illegible] | [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

		[illegible], [illegible]	[illegible] DXM [illegible]-[illegible]—[illegible] NMDA [illegible]
ADHD [illegible] - [illegible]	ADHD [illegible] ([illegible] + [illegible]); [illegible]; [illegible]; [illegible]	[illegible] ADHD [illegible], [illegible]-[illegible] (30–45 [illegible]) [illegible] ADHD [illegible] '[illegible]-[illegible]	[illegible] (DXM) [illegible] '[illegible] ADHD [illegible], [illegible] ADHD [illegible] (DXM) [illegible] ADHD [illegible], [illegible] (DXM) [illegible]

[illegible]

[illegible] — [illegible] 15 [illegible] (DXM) [illegible], [illegible] 30 [illegible]

DXM [illegible]:

- [illegible], [illegible]; [illegible] (DXM) [illegible], [illegible]
- [illegible]: [illegible], [illegible] DXM [illegible]—[illegible] "[illegible]" [illegible]—[illegible]
- [illegible]: [illegible]كس[illegible] (DXM) [illegible], [illegible] ADHD [illegible], [illegible], ADHD [illegible], [illegible]/[illegible]
- [illegible]: [illegible] (DXM) [illegible]-[illegible]-[illegible]—[illegible], [illegible], [illegible], [illegible]—[illegible] ([illegible]) [illegible]
- [illegible]: [illegible] DXM [illegible]-[illegible] ([illegible], [illegible], [illegible], [illegible])

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

□□□□ 7 — □□□□□□ □□□□ □□□ □□□□□: □□□□□□ □□□□□□□□□ □□□.

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- SAMHSA's Treatment Locator (findtreatment.gov): while DXM is rarely listed as a primary substance, substance use disorder treatment for comorbid depression, ADHD, and anxiety is appropriately addressed through the standard treatment locator.
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Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

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